

TCCC Cancer Facts & Stats

Lung & Bronchus Cancer in Tennessee



What is Lung Cancer?

Lung cancer is the uncontrolled growth of abnormal cells in one or both of the lungs. While normal lung tissue cells reproduce and develop into healthy lung tissue, these abnormal cells reproduce rapidly and never grow into normal lung tissue. Lumps of cancer cells (tumors) then form and disrupt the lung, making it difficult to function properly. Approximately 4,000 cases of Lung cancer are found in Tennessee yearly. There were more than 4,000 deaths caused by lung cancer in the year 2003 in Tennessee.

Risk Factors

Lung cancer risk factors include:

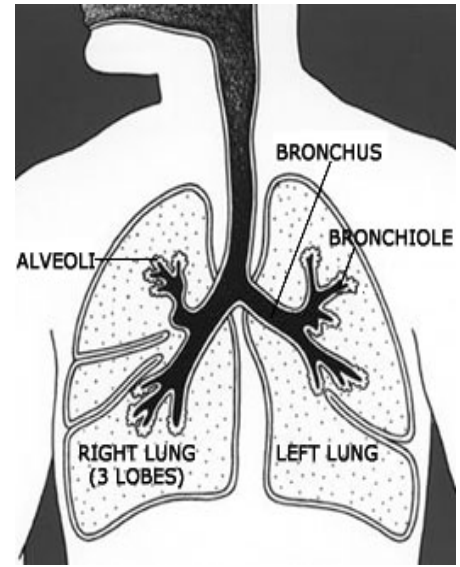
- tobacco use
- environmental tobacco smoke (second-hand smoke)
- radon and asbestos
- exposure to certain industrial substances, such as arsenic
- some organic chemicals
- radiation exposure from occupational, medical and environmental sources
- air pollution; and
- tuberculosis.

The Symptoms

Anyone who notices symptoms that can indicate the presence of lung cancer should see a doctor right away. The American Lung Association says these symptoms can include:

- persistent cough, especially coughing up blood
- persistent hoarseness
- chest pain
- shortness of breath and wheezing
- swelling of the neck and face
- loss of appetite or fatigue

These symptoms, of course, may also be caused by a number of other conditions such as pneumonia, so it's important to see a doctor as soon as possible for an examination and evaluation.



Early Detection and Screening

Early detection of lung cancer is critical to improving survival. Testing people that are known to be at high risk for developing lung cancer can help to find tumors that are small and more easily treated. Those at high risk include men and women:

- 60 years of age who currently smoke or have a history of smoking
- with previous lung tumors
- with chronic obstructive pulmonary disease (COPD)

Early Detection of Lung Cancer-FACTS

- The five-year survival rate for those whose lung cancer is found when it is localized (before it has spread to other organs) is nearly 50%.
- Only 15% of lung cancer cases are found at the localized stage.
- Research indicates that when lung cancer is diagnosed/detected in an early-stage and surgery is possible, the five-year survival rates can reach 85%.
- Survival rates decline dramatically after the cancer has spread to other organs: 16% at regional site, 2.1% at distant site.
- The majority of the people diagnosed with lung cancer are 55-65 years old.

Diagnosing

Early detection of lung cancer is critical to improving chances of survival. Physicians use a number of different tests to detect and diagnose lung cancer, including sophisticated imaging scans that provide more accurate and sensitive results than conventional X-rays

Tests Include:

Chest examination- Examining the chest and listening to the lungs with a stethoscope provides information about abnormal breathing sounds or patterns.

Chest X-ray - X-rays are "flat" pictures of the lungs, which help to identify abnormal growths.

CT scan- Computed tomography also known as a CAT scan is a sophisticated instrument that uses a computer to create a two-dimensional scan from a series of X-ray images; the newest version of the CT is called a helical (or spiral) scan. CT scans reveal much more detail than x-rays and the new helical scans are even more sensitive than regular CT scans.

PET scan-Positron Emission Tomography is a scan that traces the way the body cells act on sugar. PET scans can find cancerous tumors because of their ability to take up radioactive sugar.

MRI- Magnetic Resonance Imaging is similar to a CT scan except it uses a magnetic field in place of X-rays to create an image.

Sputum cytology- Coughed-up phlegm from the lungs is examined under a microscope to check for abnormal or cancerous cells.

Biopsy- Removal of a lung tissue sample for examination under a microscope. Biopsies are obtained in different ways depending on the location of the tumor:

- through a bronchoscopy
- by inserting a needle through the chest into the lung
- by removal and examination of an enlarged lymph node in the neck
- by a small surgery on the lung

Treatment

There are several ways to treat lung cancer. The treatment depends on the type of lung cancer and how far it has spread. Treatments include surgery, chemotherapy, and radiation. People with lung cancer often get more than one kind of treatment.

Surgery-Doctors cut out and remove cancer tissue in an operation.

Chemotherapy-Chemotherapy involves the use of drugs to shrink or kill the cancer. The drugs could be pills or medicines given through an IV (intravenous) tube. Sometimes chemotherapy includes both IV drugs and pills.

Radiation-Radiation uses high-energy rays (similar to x-rays) to try to kill the cancer cells. The rays are aimed at the part of the body where the cancer is.

How Can You Prevent Lung Cancer?

- If you are a smoker, STOP SMOKING.
- If you are a nonsmoker, know your rights to a smoke-free environment at work and in public places. Make your home smoke-free.
- Test your home for radon.
- If you are exposed to dusts and fumes at work, ask questions about how you are being protected. Don't smoke -- smoking increases your risk from many occupational exposures.

Contacting the American Lung Association of Tennessee:

<http://www.alatn.org/>

American Lung Association of Tennessee

State Office

(Covering all of Tennessee)

One Vantage Way, Suite B130

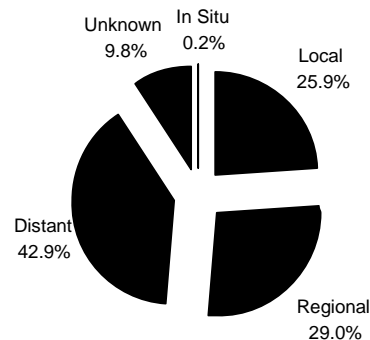
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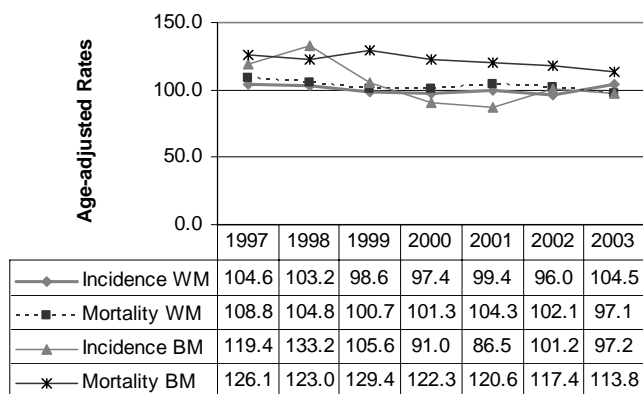
**Cancer of the Lung & Bronchus
Stage of Disease at Diagnosis
Tennessee Residents 1999-2003**



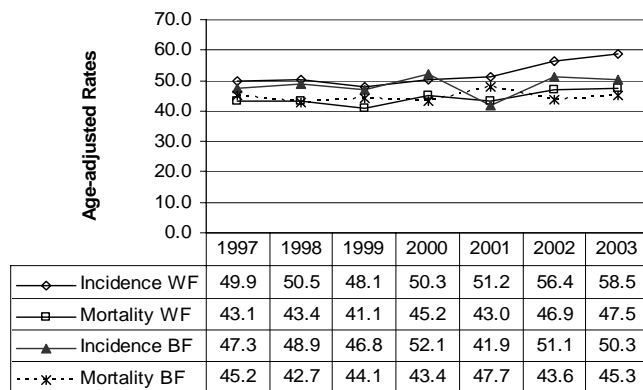
Lung and Bronchus Cancer Stats

- Each year from 1997 through 2003, approximately 4,000 Tennesseans were diagnosed with cancer of the lung and bronchus, making this the state's most commonly diagnosed cancer. This cancer accounted for almost one in every five invasive cancers diagnosed in Tennessee residents.
- During 1999-2003, cancer of the lung and bronchus occurred about twice as often among Tennessee men as among Tennessee women (98.9 per 100,000 Tennessee men and 44.6 per 100,000 Tennessee women).
- Overall, Tennessee has a higher incidence rate of lung and bronchus cancer than that of the U.S. (71.7 vs. 67.5). Of the 95 counties in Tennessee, 65 have higher incidence rates than the U.S. Twenty-three counties have higher rates than the state rate. The Tennessee Behavioral Risk Factor Surveillance System survey estimates that the smoking prevalence rate for the 1997 to 2003 time period for the state has been between 26.0 – 27.7 percent.
- In 1999-2003, cancer of the lung and bronchus remained the leading cause of cancer-related death in Tennessee for both men and women. Cancer of the lung and bronchus accounted for approximately one of every three deaths due to cancer in Tennessee.

**Cancer of the Lung & Bronchus,
Tennessee Males, White vs. Black,
Incidence and Mortality, 1997 - 2003**



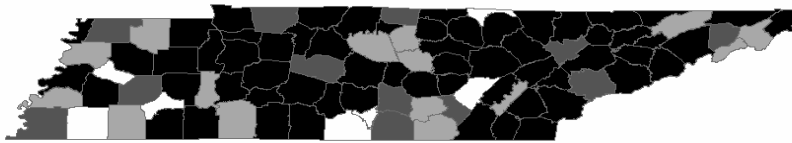
**Cancer of the Lung & Bronchus,
Tennessee Females, White vs. Black,
Incidence and Mortality, 1997 - 2003**



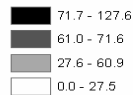
*Rates are per 100,000 Tennessee residents and are age-adjusted to the 2000 U.S. standard population.

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Cancer of the Lung and Bronchus Incidence Rates
By County, Tennessee Males & Females 1999 - 2003



Lungrates.Rate



Tennessee Rate: 71.7
U.S. Rate: 61.0^a

^a Five-year average annual rate per 100,000 Tennessee males & females, age-adjusted to the 2000 U.S. standard population.
^a U.S. rate is 1995-2002 average annual age-adjusted rate and is from SEER (Ries et al., 2005).

About the TCCCC:

Tennessee Comprehensive Cancer Control Coalition (TCCCC) is a diverse group of partners and organizations from across the state who are dedicated to reducing cancer incidence, morbidity, and mortality in Tennessee.

A statewide approach to cancer control is the most effective way to tackle such a monumental public health concern. No single agency or organization can meet the challenge alone.

Physicians, nurses, other health care professionals, community leaders, business leaders, researchers, and cancer advocates who share our mission are encouraged to join the TCCCC.

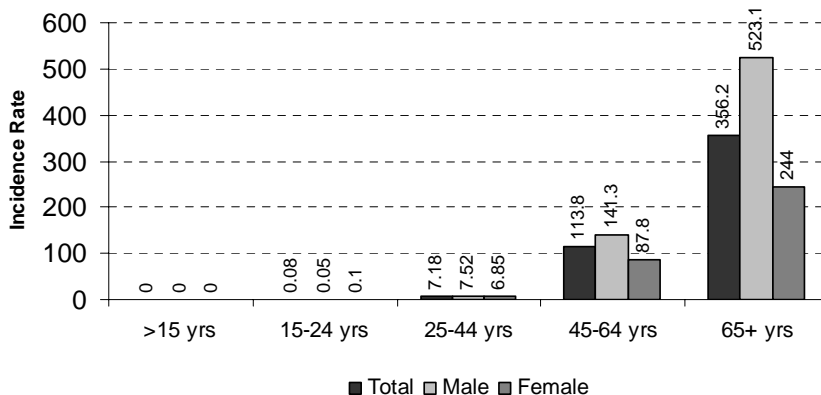
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Visit us on the Web:
www2.state.tn.us/health/CCCP

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**Cancer of the Lung & Bronchus
Incidence Rates*, Age-Specific
Tennessee Residents 1999 - 2003**



* Five-year average annual rate per 100,000 Tennessee residents.

**Tennessee Comprehensive
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